



## IT'S THE #1 KILLER OF WOMEN

Being a woman doesn't protect you from heart disease. Try these risk factors on for size: Do you have high blood pressure? High blood cholesterol? Diabetes? Are you inactive? Are you a smoker? Overweight? If so, this could damage your heart and lead to disability, heart attack, or both.

Talk to your doctor to get answers that may save your life. The truth is, it's best to know your risks and to take action now.

[www.hhss.ne.gov/hearttruth](http://www.hhss.ne.gov/hearttruth)



♥ Nebraska Department of Health & Human Services ♥

♥ Cardiovascular Health Program

♥ Office of Women's Health

♥ Office of Minority Health

♥ National Heart, Lung, and Blood Institute ♥